



## If You're an ABAWD, You Have to Work



If you are an able-bodied adult without dependents (ABAWD), you must meet the ABAWD work requirement to keep your SNAP benefits.

Each month that you get SNAP benefits for the entire month without meeting the ABAWD work requirement is called a “**countable month**.” If you don’t work and you reach 3 countable months in a 36-month period, **you will lose your SNAP benefits**.

### Can I still get SNAP if I don’t work and lose my SNAP benefits?

**Yes.** Once you have lost your SNAP benefits due to reaching 3 countable months, you can start receiving SNAP again if:

1. You are no longer an ABAWD, or
2. You work or participate in a work program (or both) for 80 hours within a 30-day period in the 60 days before you apply for SNAP benefits.
3. You wait 36 months to apply again

If you have questions, talk to your county JFS office at 1-844-640-6446.

#### Work means...

- Paid employment
- Unpaid work, such as:
  - Working for goods and services
  - Working as a volunteer

#### Work programs include...

Free employment services for Ohioans looking for work and employers seeking workers. Many of these are provided at local OhioMeansJobs Centers and at OhioMeansJobs.com. They may include:

- A Title 1 Workforce Innovation and Opportunity Act (WIOA) funded program
- A Trade Act program
- An employment and training program for veterans operated by the US Departments of Labor and Veteran Affairs

*Note, the SNAP Employment and Training (E&T) Program may **NOT** be used to regain eligibility.*